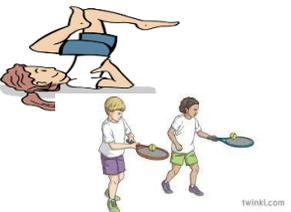


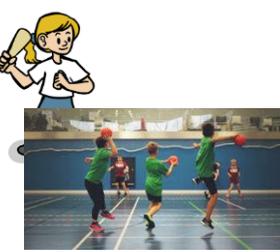
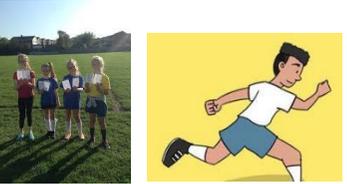
**Curriculum Overview: PE**

**Physical Education at Corpus Christi Catholic Primary**

In PE we must ensure we always wear the correct PE kit.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception						
	<p><b>We are great at Fundamentals</b>  <b>Introduction to PE:1</b></p> <ul style="list-style-type: none"> <li>• Moving safely</li> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> <li>• Catching</li> <li>• Following a path</li> </ul> <p>To be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'.</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>We are gymnasts</b>  <b>Gymnastics unit 1</b></p> <ul style="list-style-type: none"> <li>• Shapes</li> <li>• Balances</li> <li>• Jumps</li> <li>• Rocking</li> <li>• Rolling</li> <li>• Travelling</li> </ul> <p>To develop their basic gymnastic skills through the topic of 'animals and their habitats'</p> <p><b>We are recapping the Fundamentals</b>  <b>Introduction to PE:2</b></p> <ul style="list-style-type: none"> <li>• Moving safely</li> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> <li>• Catching</li> <li>• Rolling</li> </ul> <p>To be introduced to Physical Education and structured movement through the topic of 'everyday life'.</p>	<p><b>We are great movers</b>  <b>Dance unit 1</b></p> <ul style="list-style-type: none"> <li>• Travelling</li> <li>• Copying and performing actions</li> <li>• Coordination</li> </ul> <p>To develop their expressive movement through the topic of 'everyday life'.</p> <p><b>We are brilliant at bat &amp; ball skills</b>  <b>Ball skills unit 1</b></p> <ul style="list-style-type: none"> <li>• Rolling a ball</li> <li>• Stopping rolling a ball</li> <li>• Throwing at a target</li> <li>• Bouncing a ball</li> <li>• Dribbling a ball with feet</li> <li>• Kicking a ball</li> </ul> <p>To develop their ball skills through the topic of 'minibeasts'.</p>	<p><b>We are great at invasion games</b>  <b>Games unit 1</b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Balancing</li> <li>• Changing direction</li> <li>• Striking a ball</li> <li>• Throwing</li> </ul> <p>To develop their understanding of playing games through the topic of 'transport'.</p> <p><b>We are gymnasts</b>  <b>Gymnastics unit 2</b></p> <ul style="list-style-type: none"> <li>• Shapes</li> <li>• Balances</li> <li>• Jumps</li> <li>• Rock and roll</li> <li>• Barrel roll</li> <li>• Straight roll</li> <li>• Progression of forward roll</li> <li>• Travelling</li> </ul> <p>To develop their basic gymnastic skills through the topic of 'traditional tales'</p>	<p><b>We are brilliant at bat &amp; ball skills</b>  <b>Ball skills unit 2</b></p> <ul style="list-style-type: none"> <li>• Rolling a ball</li> <li>• Tracking a ball</li> <li>• Throwing at a target</li> <li>• Bouncing a ball</li> <li>• Dribbling a ball with feet</li> <li>• Kicking a ball</li> </ul> <p>To develop their ball skills through the topic of 'weather'.</p> <p><b>We are great movers</b>  <b>Dance unit 2</b></p> <ul style="list-style-type: none"> <li>• Travelling</li> <li>• Copying and performing actions</li> <li>• Balance</li> <li>• Coordination</li> </ul> <p>To develop their expressive movement through the topic of 'places'.</p>	<p><b>We are great at invasion games</b>  <b>Games unit 2</b> Running</p> <ul style="list-style-type: none"> <li>• Balancing</li> <li>• Striking a ball</li> </ul> <p>To further develop their fundamental movement skills through the topic of 'around the world'.</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 Year 1, 2 and 2/3						
	<p><b>We are fit and athletic</b></p> <p><b>Fitness</b></p> <ul style="list-style-type: none"> <li>• Fundamentals of agility, balance and coordination</li> <li>• Speed, stamina and skipping</li> </ul> <p>To take part in a range of fitness activities to develop components of fitness.</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>We are movers!</b></p> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Flexibility</li> <li>• Balance</li> </ul> <p>To learn, explore and develop basic gymnastic actions on the floor and using apparatus.</p> <p><b>We are great at Multi Sports</b></p> <p><b>Net and wall games</b></p> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Catching</li> <li>• Hitting a ball</li> <li>• Tracking a ball</li> </ul> <p>To develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><b>We are dancers</b></p> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Travel</li> <li>• Copying and performing actions</li> <li>• Using shape</li> <li>• Balance</li> <li>• Coordination</li> </ul> <p>To explore travelling actions, movement skills and balancing.</p> <p><b>We are runners</b></p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Running at varying speeds</li> <li>• Combining running and jumping</li> <li>• Agility and coordination</li> </ul> <p>To develop skills required in athletic activities such as running at different speeds, changing direction.</p>	<p><b>We are great at Invasion Games</b></p> <p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>• Throwing and catching</li> <li>• Kicking</li> <li>• Dribbling with hands and feet</li> <li>• Dodging</li> <li>• Finding space</li> </ul> <p>To develop the basic skills required in invasion games such as sending, receiving and dribbling a ball.</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>We are super at striking and fielding games.</b></p> <p><b>Striking and fielding</b></p> <ul style="list-style-type: none"> <li>• Bat and ball skills</li> <li>• Hand-eye co-ordination</li> <li>• Throwing-javelin and target practise</li> </ul> <p>To master basic movements including running, jumping, throwing and catching.</p> <p><b>We are amazing at sending and receiving</b></p> <p><b>Sending and receiving</b></p> <ul style="list-style-type: none"> <li>• Rolling</li> <li>• Kicking</li> <li>• Throwing</li> <li>• Catching</li> <li>• Tracking</li> </ul> <p>To develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball.</p>	<p><b>We are throwers and jumpers</b></p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Jumping for distance and height</li> <li>• Throwing for distance</li> </ul> <p>To develop skills required in athletic activities such as throwing and jumping</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LKS2 Year 3/4 and 4						
	<p><b>We are fit and athletic</b></p> <p><b>Fitness and Athletics</b></p> <ul style="list-style-type: none"> <li>Fundamentals of agility, balance and coordination</li> </ul> <p>To change direction and style of movement comfortably and confidently</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>We are movers!</b></p> <p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Balance</li> <li>Rolls</li> <li>Jumps</li> </ul> <p>To improve the quality of their gymnastic movements.</p> <p><b>We are great at Multi Sports</b></p> <p><b>Net and wall games</b></p> <p><b>Basketball</b></p> <p>To develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><b>We are dancers</b></p> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>Copying and performing actions</li> <li>Control</li> <li>Balance</li> </ul> <p>To work individually, with a partner and in small groups, sharing their ideas.</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>We are great at Invasion Games</b></p> <p><b>Invasion games</b></p> <p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>Teamwork, spatial awareness, passing.</li> <li>Using a large ball, throwing and catching <ul style="list-style-type: none"> <li>Passing</li> </ul> </li> </ul> <p>To throw and catch a confidently with two hands and to continue to develop balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p><b>Football</b></p> <ul style="list-style-type: none"> <li>Dribbling</li> <li>Passing</li> <li>Ball control</li> <li>Turning</li> <li>Receiving</li> </ul> <p>To persevere when developing competencies in key skills and principles</p>	<p><b>We are super at striking and fielding games.</b></p> <p><b>Striking and fielding</b></p> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>Bat and ball skills</li> <li>Hand-eye co-ordination</li> <li>Throwing-javelin and target practise</li> </ul> <p>To master basic movements including running, jumping, throwing and catching.</p> <p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>Throwing</li> <li>Catching</li> <li>Dodging</li> <li>Blocking</li> </ul> <p>To improve on key skills used in dodgeball such as throwing, dodging and catching.</p>	<p><b>Athletics</b></p> <p><b>We can achieve our personal best</b></p> <ul style="list-style-type: none"> <li>Pacing</li> <li>Sprinting</li> <li>Jumping</li> <li>Throwing</li> </ul> <p>To develop basic running, jumping and throwing techniques.</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
UKS2 Year 5, 5/6 and 6						
	<p><b>Fitness and Athletics</b> <b>We are mastering our skills in Sports</b> <b>Hall Athletics</b></p> <ul style="list-style-type: none"> <li>• Baton pass</li> <li>• Effective use of a turning board</li> </ul> <p>To compare performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>Gymnastics</b> <b>We are gymnasts</b></p> <ul style="list-style-type: none"> <li>• symmetrical and asymmetrical balances.</li> <li>• straight, forward, straddle and backward roll.</li> <li>• different methods of travelling, linking actions in both canon and synchronisation.</li> </ul> <p>To create longer sequences individually, with a partner and a small group.</p> <p><b>Net and wall games</b> <b>We are netballers</b></p> <ul style="list-style-type: none"> <li>• Positional play</li> <li>• Overarm, chest and bounce pass</li> <li>• Shooting and defending</li> </ul> <p>To develop defending and attacking play during even-sided 5-a-side netball.</p>	<p><b>Net and wall games</b> <b>We are volleyballers</b></p> <ul style="list-style-type: none"> <li>• Volley</li> <li>• Set</li> <li>• Dig</li> <li>• Serve</li> <li>• Ready Position</li> </ul> <p>To develop the skills they need to play continuous rallies in volleyball.</p> <p><b>Dance</b> <b>We are dancers</b></p> <ul style="list-style-type: none"> <li>• Performing a variety of dance actions <ul style="list-style-type: none"> <li>• Using canon,unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions</li> </ul> </li> </ul> <p>To learn different styles of dance, working individually, as a pair and in small groups.</p>	<p><b>Invasion games</b> <b>We are footballers</b></p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Mini games</li> <li>• Rules</li> <li>• Defending and attacking</li> </ul> <p>To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>Striking and fielding</b> <b>We are mastering striking and fielding</b></p> <ul style="list-style-type: none"> <li>• <b>Cricket</b></li> <li>• Underarm and overarm throwing</li> <li>• Catching</li> <li>• Underarm and overarm bowling</li> </ul> <p>To develop the range and quality of striking and fielding skills and their understanding of cricket.</p> <p><b>Athletics</b> <b>We are runners</b></p> <ul style="list-style-type: none"> <li>• Pacing</li> <li>• Sprinting</li> <li>• Recording personal best</li> </ul> <p>To use running, in isolation and in combination To compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Outdoor Adventure</b></p> <ul style="list-style-type: none"> <li>• <b>Orienteering</b></li> </ul> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p> <p><b>Athletics</b> <b>We are throwers and jumpers</b></p> <ul style="list-style-type: none"> <li>• Jumping for distance</li> <li>• Jumping for height</li> <li>• Push throwing for distance</li> <li>• Fling throwing for distance</li> </ul> <p>To complete challenges for distance that involve using different styles and combinations of jumping and throwing.</p>